

Tot play group

The parent and tot play group meets July 25 and 28 from 10–11:30 a.m. at the Iron Kids Playground in the bottom floor of the legal office. This class is an interactive play group designed to teach parents developmentally appropriate play and to help children improve their social, cognitive, and motor skills. The group meets every Monday, except holidays.

Relocation help

If your spouse is currently deployed but has received orders to relocate, don't delay planning and organizing your move. Family members can take care of many move-related tasks before the spouse returns to Baumholder.

Baumholder Army Community Service invites spouses to schedule individualized relocation planning consultations. Whether the service member is currently deployed or in Baumholder, spouses can obtain the same quality assistance as the service member. ACS will provide a comprehensive packet about the new location, as well as information to help organize a smooth move. Relocation assistance is available whether the move is a permanent change of station or the service member is retiring or separating from the Army.

Call ACS at mil 485-8188 or civ (06783) 6-8188 for information and to schedule an appointment.

A winning resume

Baumholder ACS offers a resume writing class. This class assists job seekers prepare and write a winning resume, cover letter, thank-you letter and follow up letter. The class is offered the last Friday of every month from 9–11 a.m.

To sign up for classes or for more information call ACS at mil 485-8188 or civ (06783) 6-8188.

School lunch

Applications for the 2003-2004 school year school lunch program are now being accepted for all kindergarten and school age children, including all sure-start students, Mondays through Fridays from 8 a.m. to noon at ACS, Building 8746, room 3. Applicants will be required to show proof of income (sponsor's latest End of the Month Leave and Earning Statement/pay stubs for spouse's income), kinder geld amounts, child support, and appointment orders to the Baumholder community (showing the student's name) in order for ACS to determine eligibility.

Applicants may apply for the school lunch program after noon but it would be best if they come during the designated hours. For more information call Donna

Post notes



Photo by Sharon Wyland

Participants of the International Cooking Class sample their culinary creations at Army Community Service. All participants are motivated to produce a quality product as they must sample their own work.

ACS is really cookin'

Army Community Service's Multi-Cultural Support Programs have been offering several German and American cooking classes since May that have proven to be popular among Baumholder's family members.

The next class is July 31 at Baumholder ACS and features German sauerbraten day. A typical German meal of sauerbraten (marinated beef roast) will be prepared, along with rotkohl (red cabbage) made from scratch and spaetzle (Southern German pasta) and knoedeln (dumplings).

The lunchtime classes are

from 11 a.m. – 1 p.m. in the ACS kitchen/lounge.

The evening classes are from 6–8 p.m. in the ACS kitchen/lounge.

Other classes at Baumholder include German rouladen on Aug. 28 and German stuffed peppers Sept. 25.

Classes at Strassburg Kaserne include German rouladen on Aug. 8, and German stuffed peppers Sept. 22.

Reservations are required and class size is limited to 12. Call ACS at mil 485-8188 or civ (06783) 6-8188 to reserve your slot.

Call ACS for dates and times of international cooking classes at

Neubrück and Strassburg.

All cooking classes are provided free of charge. Supplies and ingredients will be supplied by ACS. Participants will assist in the preparation and cooking of all dishes. Each participant will receive a handout containing the recipes, a glossary, and translation help pertaining to the day's recipes.

For safety reasons, children are not allowed. Day care is not provided.

ACS is also looking for volunteers who want to teach others how to cook or bake a favorite international dish.

Vielma at civ (06783) 6-8188.

Just for 'newbees'

Newcomers orientation and welcome, or NOW, classes are offered by ACS. The class is three days and runs from 8:30 a.m. to 2:30 p.m. Newly arrived spouses can learn about German customs and culture, the German and American communities in Baumholder and go shopping and dining in Idar-Oberstein. They are also introduced to the local public transportation system and the German language. The class concludes with a day of Army Family Team Building Level. Contact

ACS for more information or to sign up for this class at civ (06783) 6-8188.

Be a buddy

Representatives from the Baumholder Buddies and Installation Volunteer Coordinator office will be available at the post exchange every payday. This is an opportunity for the community to become more aware of the volunteer opportunities available in the community. Also, those willing to participate as a Baumholder Buddy have an opportunity to sign up and receive their free Uncle Sam Pin for agree-

ing to be a volunteer in their community.

Command honors

Sarah Goldfeder Schmidt was recently presented with the Commander's Award for Public Service by Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander. Schmidt has been a member of the Baumholder Military Community since 1998. During her five years in the Baumholder Military Community she has been involved in such organizations as the Red Cross, Army Community Service, Baumholder Community Spouses

Club, Army Family Action Planning, AWAG, and Iron Kids Playground.

Volunteer honors

Kimberly McHugh has been recognized as the Volunteer of the Quarter for March through May. A total of nine adults were nominated for Volunteer of the Quarter. Of those nominated, McHugh volunteered more than 100 hours in supporting the 1st Battalion, 6th Infantry Regiment Family Readiness Group, the Cub Scouts, Smith Elementary School, St. Michael's Catholic Church, and Baumholder Community Spouses Club.

New craft class

The Installation Volunteer Coordinator office will soon offer an organized volunteer-instructed craft class. The class will also provide an opportunity for community volunteers to network with other volunteers and discuss issues relating to volunteering in the military community. Crafts will vary based on availability of volunteer instructor, skill and the demand for the craft. For more information contact ACS at civ (06783) 6-8188.

Teachers needed

Baumholder's Adult Education Program is looking for teachers for the English As A Second Language, Conversational German and Sign Language Programs. Persons interested may call Bill Badger at mil 485-8891 for information.

Advisors visit

The academic advisor from the University of Maryland will visit the Baumholder Army Education Center Aug. 20. To make an appointment, call mil 485-6178.

Tuition aid

Army tuition assistance now pays 100 percent of tuition expenses for soldiers, with an annual fiscal year cap of \$4,500 and a per semester hour cap of \$250. Call the education center today at mil 485-8891 for more information.

University rep

The University of Oklahoma field representative from Ramstein Air Base visits the Baumholder Army Education Center on the first Wednesday of each month, from 11 a.m. to 3 p.m. They may be reached daily at mil 480-6807.

Get your GED

The Army Continuing Education Services offers a variety of programs to assist soldiers in obtaining their college degree. College level testing, GED testing, and testing for certification or licensure are available.

Tutoring is also available. Stop by the Army Education Center for more information.

Curfew - child safety lies with parents

With summer well under way and school nothing more than a bad memory in the minds of many children, the issue of curfew and child supervision has once again reared its proverbial head. The bottom line to safeguarding children in military communities is that the responsibility lies with parents and guardians.

It is expected that in all cases parents and guardians will provide the necessary safety, shelter, guidance, and other life needs to ensure proper development and well-being of children under their care, according to guidance issued by Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander.

To ensure that children are not exposed to neglectful or harmful conditions that can adversely affect their growth, development, health, or safety, several guidelines have been established. These guidelines will help ensure that parents, guardians, professionals, and laypersons cooperate to protect the safety of children.

Both the USAREUR child-supervision policy and the 222nd BSB supplement to that policy are based on a child's grade in school, not the child's age, with the exception of local curfews as outlined below. During the summer, children are considered to be in the grade they have just completed. In all cases, parents are responsible for assessing the individual capabilities of their children, especially if the children have special needs, before deciding on appropriate supervision

options.

Above all, children, regardless of age, will not be left unattended in circumstances involving potential or actual risk to their health or safety.

Children have varying abilities even if they are in the same school grade group. Therefore, children are capable of handling different degrees of responsibility. Again, parents are responsible for assessing the individual capabilities of their children.

Basic guidance

Children in the fifth grade and below require direct supervision at all times, with the exception of those in a playground or yard with immediate access (sight or hearing distance) to adult supervision. Kindergartners may not walk to school or other supervised activities alone. Children in the fifth grade and below may not supervise kindergartners walking to school or supervised activities.

Children in the sixth grade and above may be left alone, but not overnight, and may baby-sit siblings if they have ready access to adult supervision. Children in sixth and seventh grade must have home-alone training provided by Child and Youth Services or some other source.

Children in the seventh grade and above may baby-sit children other than siblings.

Children in the 12th grade may baby-sit siblings overnight for no more than two consecutive nights. The Red Cross Baby Sitting

Course is strongly recommended for all children who provide childcare.

Children in 10th through 12th grades may be left alone (self-monitored care) for up to 48-hours. A neighbor or friend must check on them at least every 12 hours. Parents and guardians must consider carefully the amount of responsibility their children can successfully assume before leaving them unattended. Parents are responsible for ensuring that the children have access to telephone numbers of responsible adults in the event of an emergency. It is strongly recommended that caregivers plan for any emergency to include risks to medical and personal safety.

Parents and guardians who leave children unattended should provide the child with a key, emergency phone numbers (for police, fire department, and dispensary), a phone number where parents can be reached, the expected time of return, and the name and phone number of an adult who can be reached immediately in the event of an emergency. The designated adult must be aware of his or her responsibility. Parents or guardians should notify the designated adult by phone or in person before departure.

Curfew policy

Children 13 years and younger will be inside their own or someone else's quarters from 9 p.m. to 6 a.m. unless they are supervised by a parent, guardian, or family member 18 years of age or older.

Children 14 through 17 will be inside their own or someone else's quarters from 11 p.m. to 5:30 a.m. unless they are supervised by a parent, guardian, or family member 18 years of age or older.

Exceptions to this policy are children who are returning home from a community facility, a youth services program, official employment or responding to a bona fide emergency.

Within the Baumholder community, persons leaving children unsupervised under inappropriate conditions may be referred to the military police. Reports of possible neglect should be directed to the military police desk sergeant at mil 485-7546/7547 or civ (06783)6-7546/7547.

Because of developmental differences, chronological age or grade level will not be the only factor in determining lack of proper supervision or neglect. All cases will be assessed on their own merit.

Children who meet the criteria for the Exceptional Family Member Program require special supervision.

Children who are in the care of a certified family child care provider, who has entered into a contract with the children's parents for such care, will be supervised by the FCC provider according to established guidelines and procedures.

For more information call mil 485-8188 / 6468 or civ (06783)6-8188/6468.

Suffer from back attacks? attack back

By Capt. Nicole
Koppenhaver, MPT, ATC
Clinical Specialist in Neurologic
Physical Therapy

Are you one of the 60 to 80 percent of Americans who have complained of a backache? Have you also experienced it more than once? Wouldn't it be nice to never experience back pain again or to prevent it from happening in the first place? In Western society, low back pain disability is on the rise with 75 to 100 billion dollars spent annually to treat chronic symptoms. Most back pain is benign and non-

specific. Less than 1 percent of low back pain is due to serious spinal disease and less than 5 percent is true sciatica.

What are the risk factors for low back pain? Heredity and gender make little difference when it comes to incidence of low back pain, but there are some personal and occupational risk factors you can control.

Using poor body mechanics places increased stress on spinal structures leading to pain.

What you can do - Use appropriate lifting techniques (keep ob-

ject close to your body, pivot with your feet, lift with your legs) and maintain good posture during all daily activities.

Physically fit individuals may make a more rapid recovery from back pain and be less likely to develop chronic pain and disability.

What you can do- Initiate or continue with regular aerobic activity 20-30 minutes three to five days per week.

When your "core muscles" are not able to stabilize your spine in proper alignment during daily activities, increased stress is placed

on spinal structures which can lead to pain and degenerative changes.

What you can do - Strengthen deep abdominal and back muscles to reduce unnecessary stress/strain.

Muscle tightness can increase spinal curvature and reduce optimal alignment of your spinal column.

What you can do - Stretch daily holding each for 30 seconds.

It is known that individuals in distress are more likely to complain of non-specific low back pain.

What you can do - Find out what is causing stress in your life and try to reduce it.

Incorporate stress management techniques into your life-style such as; relaxation breathing, exercise, balance work and play.

There is a higher risk for people who smoke three or more packs a day. Smoking results in poor oxygen transport, interferes with intervertebral disc nutrition, is associated with poor physical fitness, and is accompanied by continued bouts of coughing which raises intra-abdominal pressure placing undo stress on spinal structures.

What you can do - Stop smoking.

The strongest known predictor of a further episode of low back pain is the history of previous episodes. Don't let back pain disable you. Attack back and prevent future back attacks.

To learn more about prevention and management of low back pain contact physical therapy at mil 485-6357 to sign up for a free educational class.

Briefly

Clinic closes

The Baumholder Health Clinic will be closed Aug. 1 for their organization day. Patients are asked to plan on making appointments on an alternate day.

Get a 'headstart'

Headstart classes are offered again weekly from 9 a.m. to 5 p.m. Mondays through Wednesdays at the education center. The classes are open to family members and

soldiers and offer students an opportunity to learn some of the German language and go on a field trip to Trier.

Persons interested in attending must register by noon on Friday the week before they wish to attend class by calling Donna Stone at mil 485-7574.

Child care is the responsibility of the parents as it is not provided by course coordinators. Students must complete all classroom work

to participate in the field trip to Trier and receive a certificate. Transportation to the education center and lunch are also the responsibility of the student.

Gate closes

The Rod and Gun Gate will be closed to traffic and pedestrians for safety reasons July 26 from 10 a.m. to 5 p.m. due to skeet range activities. For more information call Bianca Bowen at mil 485-7141.

Community celebrates American Pride



Photos by Ignacio "Iggy" Rubalcava

Baumholder's unpredictable weather had no affect on the American Pride Celebration on the Fourth of July. At its peek, the entire parking lot was filled with party goers who came out to celebrate.



Family members compete in a deployment inspired event that pitted them against each other to see who could pack a box to APO standards the fastest. The winner was allowed to keep everything in the box to ship down range.



Children try their luck at the ring-toss booth that featured one of the best bargains at the American Pride celebration - ten rings for \$1 and each contestant a guaranteed winner.



An obstacle course keeps the younger crowd occupied while parents mingle with their friends and enjoy the food, fun and entertainment. The day concluded with a traditional fireworks display.



The talent of these young ballet professionals charmed the audience early on during Fourth of July celebration.

Task Force 1-35 forms line in sand to protect soldiers serving in Iraq

Story and photo by Spc. Christopher Stanis
1st Armored Division Public Affairs Office

BAGHDAD, Iraq – There is a thin line between the soldiers in Baghdad’s city center and the vagrants who want to harm them, but crossing that line is like passing through a brick wall.

That line is the soldiers of A Company, 2nd Battalion, 6th Infantry Regiment.

Assigned to Task Force 1-35 for this deployment, the soldiers guard the front gate of the coalition compound in the heart of the Iraqi capital.

Everybody has a mission and this is just one of the many for A Company, said Cpl. Jonathan Gibson, a team leader with the company’s 2nd Platoon.

Each platoon works 48 hours – in a 12-on-12-off format – on the gate, then moves to one of the other missions, which could be patrols or guarding checkpoints.

While on the main gate, they thoroughly search nonmilitary vehicles and local nationals entering

the compound, checking for proper identification.

“If the employer is legitimate,” Gibson said, “they’ll have the proper means to get their workers passes.”

In addition to filtering who enters the compound, the guards must also keep the flow of traffic moving

past the gate, especially when there is a mob protesting the presence of the United States in Iraq.

They hold up signs saying “Americago home” and “No George Bush,” Gibson said.

“They feel that us being here, we are an occupying force and we’re

not going to give them the chance to have their own government,” the La Porte, Texas, native added. “There’s a lot of confusion on that part.”

Though Gibson doesn’t feel very threatened during demonstrations, he said his team can’t let their

guard down. “That’s when they like to hit,” he added, “when we’re all unfocused.”

Gibson said a big asset at the gate has been the translators.

These guys are working out really well,” he said. “They understand us and ... they know we’re trying to help these people”

Like many of the other soldiers in his unit, Gibson has only been able to correspond with his wife through letters, but if he got the chance, he wouldn’t tell her what he’s doing here.

“I’d tell her the basic stuff,” he said. “But, I don’t think she’d like to hear the dangerous stuff ... it would just make her worry more.”

All in all, everyone understands that there is a job to do, and as a team they stay focused on it.

“We keep each other alert by word of mouth – ‘Hey, watch for hands. Watch for this guy over here. What’s that guy with the bag doing over there?’” Gibson said. “There’s a lot of cross talk amongst this platoon, and it keeps us wide awake



Photo by Spc. Christopher Stanis

1st Armored Division soldier pulls security at the front gate of the coalition forces compound in the city center of Baghdad, Iraq.